The Western Journal of Medicine

VOLUME 141 • NUMBER 6 • DECEMBER 1984

CONTENTS

PERSONAL HEALTH MAINTENANCE

769 INTRODUCTION: The Scientific Evidence for Personal Health Maintenance

MALCOLM S. M. WATTS, MD

771 Preface

JOHN H. HOLBROOK, MD

Dr Holbrook, the guest editor for this issue, is Associate Professor of Internal Medicine, University of Utah School of Medicine, Salt Lake City. He is also the Special Editor for Utah.

772 Personal Health Promotion

JAMES O. MASON, MD, DrPH, and DENNIS D. TOLSMA, MPH

Dr Mason is Assistant Surgeon General and Director, Centers for Disease Control, and Mr Tolsma is Director, Center for Health Promotion and Education, Centers for Disease Control, Atlanta.

777 Physician-Patient Partnerships for Lifelong Health Monitoring

LESTER BRESLOW, MD, MPH

From the University of California, Los Angeles, School of Public Health, and Cancer Control Research, Division of Cancer Control, Jonsson Comprehensive Cancer Center, Los Angeles.

782 Some Obstacles to the Evaluation and Effective Performance of Health Appraisals

GARY D. FRIEDMAN, MD

From the Department of Medical Methods Research, Kaiser-Permanente Medical Care Program, Oakland, California.

786 The Cost-Effectiveness of Health Checkups—An Illustrative Study

MORRIS F. COLLEN, MD

From the Department of Medical Methods Research, Kaiser-Permanente Medical Care Program, Oakland, California.

793 Societal Influences on Health and Life-styles

DAVID D. ULMER, MD

From the Department of Medicine, Charles R. Drew Postgraduate Medical School, King/Drew Medical Center, Los Angeles.

(Continued on Page 743)

(Continued from Page 739)

799 Understanding Genetic and Environmental Risk Factors in Susceptible Persons

ROGER R. WILLIAMS, MD

From the Cardiology Division, Department of Internal Medicine, University of Utah School of Medicine, Salt Lake City.

807 Maternal and Fetal Well-being

KIRK K. SHY, MD, MPH, and ZANE A. BROWN, MD

From the Department of Obstetrics and Gynecology, University of Washington School of Medicine, Seattle.

816 Personal Health Maintenance for Children

JULIUS B. RICHMOND, MD, and MILTON KOTELCHUCK, PhD, MPH

From the Division of Health Policy Research and Education and the Department of Social Medicine and Health Policy, Harvard Medical School, Boston. Dr Richmond was Surgeon General of the United States from 1976 to 1980.

824 Personal Health Maintenance for Adults

JOHN H. HOLBROOK, MD

From the Department of Internal Medicine, Division of General Internal Medicine, University of Utah Medical Center, Salt Lake City.

832 Preventive Health Care for the Elderly

BARRY M. STULTS, MD

From the Department of Internal Medicine, Division of General Internal Medicine, University of Utah School of Medicine, and Veterans Administration Medical Center, Salt Lake City.

846 Physicians' Own Health—Some Advice for the Advisors

LINDA HAWES CLEVER, MD, and GARY M. ARSHAM, MD, PhD

From the Department of Occupational Health and the Pacific Vision Foundation, Pacific Presbyterian Medical Center, San Francisco.

855 Physicians as Patient Teachers

STEPHEN A. BRUNTON, MD

From the Division of Education, American Academy of Family Physicians, Kansas City, Missouri.

861 Some Ingredients for Mental Health

MILTON GREENBLATT, MD

From the Department of Psychiatry and Biobehavioral Sciences, UCLA Neuropsychiatric Institute Hospital and Clinics, UCLA School of Medicine, Los Angeles.

(Continued on Page 753)

(Continued from Page 743)

864 **Healthy Exercise**

ALBERT OBERMAN, MD, MPH

From the Division of General and Preventive Medicine, Department of Medicine, University of Alabama in Birmingham School of Medicine.

872 Diet and Health

ANTONIO M. GOTTO, Jr, MD; LYNNE W. SCOTT, MA, RD, and JOHN P. FOREYT, PhD From the Department of Medicine, Baylor College of Medicine, Houston.

878 Smoking and Health

JESSE L. STEINFELD, MD

Dr Steinfeld is President of the Medical College of Georgia, Augusta. He served as Surgeon General of the United States from 1969 to 1973.

884 Alcohol and Drug Use—Is There a 'Safe' Amount?

CHARLES E. BECKER, MD

From the Department of Medicine, University of California, San Francisco, and the Division of Occupational Medicine and Toxicology, Northern California Occupational Health Center, San Francisco General Hospital Medical Center, San Francisco.

OTHER FEATURES

745 Continuing Medical Education Activities in California, Hawaii and Nevada; Alaska; Idaho; Montana; New Mexico; Oregon; Utah; Washington; Wyoming

891 Consultants for 1984

The editors acknowledge with appreciation the valued services, beyond those of members of the Editorial Board, given to the journal during the past year.

- 893 Volume Index
- 902 Classified Advertising
- 903 **Subscription Information**
- 924 Western State Medical Associations' Meetings
- ♦ Official Journal of the California Medical Association, the Idaho Medical Association, the New Mexico Medical Society, the Utah State Medical Association, the Washington State Medical Association and the Wyoming Medical Society.
- Affiliated Clinical Investigation Societies: the Western Association of Physicians; the Western Society for Clinical Investigation; the Western Section, American Federation for Clinical Research; the Western Society for Pediatric Research; the Western Region, Society for Investigative Dermatology.